

















Time to sleep





Effects of no sleep for parents :





stress, headaches, poor diet, getting poorly





Building a new routine is hard and takes time.





Give it at least 2 weeks






BEDROOM - bed walls playing



temperature no phone no TV

Effects of no poor sleep on children

poor memory being poorly, weight and height issues,

behavior problems






BEFORE BED: dim lights, no exercise,







family time, reading, colouring, jigsaw





















SLEEPY FOOD: milk, yoghurt, cheese, bananas, no sweets





BED: pyjamas, brush teeth, toilet, story


hugs and kisses then say: " It is bedtime, go to








sleep"







slow retreat stay in the bedroom until they fall



asleep

rapid return stay outside, return when child

gets out of bed, say "Bedtime, go to sleep" then leave.